

Aikininjutsu yellow belt curriculum

The **Aiki Ninjutsu yellow belt curriculum** (often 8th Kyu or 5th Kyu, depending on the organization) covers foundational skills in stances, strikes, kicks, breakfalls, basic self-defense, and introductory weapons techniques. While specific requirements can vary by school, the following elements are commonly included in reputable Aiki Ninjutsu programs:

1. Etiquette and Basics

- Dojo etiquette and basic terminology
- Proper bowing and respect

2. Kamae (Stances)

- Shizen tai no kamae (natural stance)
- Jumonji no kamae (cross stance)
- Other basic stances as required by the school^{[1][2]}

3. Ukemi (Breakfalls and Rolls)

- Zenpo kaiten (forward roll)
- Koho kaiten (backward roll)
- Zenpo ukemi (forward breakfall)
- Ushiro ukemi (backward breakfall)^{[1][3]}

4. Daken (Striking Techniques)

- Elbow strikes (hiji, enpi)
- Ura shuto (reverse knife hand)
- Omote shuto (outer knife hand)
- Tsuki (punches: jab, cross, back punch)^{[1][2]}

5. Geri (Kicking Techniques)

- Mae geri (front kick)

- Sokugyaku geri (heel kick)
- Kinteki sokushi geri (groin kick)^{[1][2]}

6. Kansetsu-waza (Joint Locks)

- Basic joint locks appropriate for beginners^[1]

7. Sabaki (Movement and Evasion)

- Basic footwork and body movement for evasion^[1]

8. Nage-waza (Throws)

- Introductory throws as specified by the instructor^{[1][3]}

9. Weapons Basics

- Hanbo (short stick): right and left diagonal strikes, two-handed strikes
- Introductory knife (tanto) and chain (kusari) handling, if included in the curriculum^[1]

10. Randori (Free Practice)

- All rank exams typically include some form of controlled sparring or application^[1]

11. Additional Requirements

- Fitness: Participation in a set number of training sessions or exercises (e.g., 50 himum in AKBAN)^[1]
- Knowledge of basic Japanese terminology and techniques^{[1][4]}

Schools may supplement or modify this list, so it is important to consult your specific instructor or organization for precise requirements. The above outline reflects a synthesis of established Aiki Ninjutsu and related ninjutsu programs^{[1][5][4]}.



1. https://www.akban.org/wiki/Yellow_belt,5th_Kyu_syllabus-_Ninjutsu
2. <https://www.youtube.com/watch?v=5dXSpYhUWPw>
3. <https://ru.scribd.com/document/401463116/Yellow-Belt-Curriculum>
4. <https://banzenkanacademy.com/p/aiki-ninjutsu-yellow-belt-curriculum>

5. <https://banzenkanacademy.com/courses/aiki-ninjutsu-yellow-belt-curriculum/lectures/2169160>